

EUROMOB



SKILLS VALIDATION TOOL



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The Chamber of Commerce Seville launched EUROMOB platform, an online tool to measure and recognise the acquired competences of students under Erasmus+ and other internships programmes

HOW TO GET THE MOST OUT OF YOUR INTERNSHIP ABROAD

TAKE YOUR WORK SERIOUSLY

It's essential that you work extremely hard during your time with the company. Regardless of how simple or complicated your task may be, complete the work to a similar high standard. Do not rush through work which may seem basic and unimportant, finish the assignment to the highest quality possible. If you have no work to do a certain time, don't take that as an opportunity to relax and do nothing. Volunteer to help someone else or find something useful you could do.

ASK QUESTIONS

Never worry about asking questions. You are an intern; you're not supposed to know how to do everything perfectly first time. If you are unsure how to do some-



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thing; it's better to ask than to do it wrong and end up wasting more time. Asking questions is expected and it shows that you want to learn and that you are interested in what you are doing

ASK FOR FEEDBACK

Don't be afraid to ask for feedback. Every now and then simply ask your mentor to tell you how you are doing and what you could do better. Getting constructive criticism is important and will help you to improve in the future and to not make the same mistakes again. It's a great opportunity to find out the good and bad things about the work you have done.

WATCH AND LEARN

Try to pay attention to what your mentor and your fellow co-workers are doing. This will be a good way to learn from what they are doing. If possible, ask you mentor if you can sit in on some meetings or calls. Use this opportunity to observe and take notes. It's important to quickly understand the culture of the business and to adapt to it.

STAY ORGANISED

Keep a record of all of the tasks that you do. This will be useful if you ever need to refer back to any work that you completed previously or if you need to see what tasks you currently have yet to complete. Being organised is vitally important. If you are not, you run the risk of making mistakes or forgetting to complete a task that was assigned to you, which your mentor will not look kindly on.

MAKE A GOOD IMPRESSION

Try to make a good first impression when you are starting your internship. First impressions are incredibly important so try your best to do what you can to stand out for the right reasons. Always be punctual. Arriving early and leaving late everyday is a good way to get yourself noticed. Make sure to work and hard and focus on what you are doing. Try not to make the same mistakes twice.

NETWORK

Try to introduce yourself to everyone and get to know as many people as possible. Gaining professional contacts could be very useful in the future. Try to connect with everyone you work with on LinkedIn. By connecting with them on LinkedIn they'll be in your network and you will be able to contact them anytime in the future if necessary.

MEASURE YOUR SKILLS

Get the most of your internship measuring and certifying your skills with the euromob tool! Visit <https://euromob.eu/> and get your certificate online easily.

THE CHAMBER OF COMMERCE SEVILLE LAUNCHED EUROMOB PLATFORM, AN ONLINE TOOL TO MEASURE AND RECOGNISE THE ACQUIRED COMPETENCES OF STUDENTS

The Chamber of Commerce of Seville -together with its partners from 5 countries- launched Euromob platform, an online tool aiming at identifying, measuring and recognizing the skills that students acquire during their mobility program in other EU countries. The platform allows an easy digital process for the recognition of both companies and education institutions.

Thousands of young students carry out internships abroad each year under Erasmus+ program. The benefits of these academic activities are widely recognised, including interpersonal and professional skills. Students are aware of the added value for their employability and this is proven as the number of applicants increases every year.

One of the main concerns regarding mobilities and internships are the recognition of the acquired skills and competencies. The practices are developed in a very different environment from that of the traditional classrooms, so the skills acquired are different from those carried out in other countries or in the education institution the student comes from.

The employability of young people is one of the main priorities both in Spain and in Europe. For this reason, the Chamber of Commerce of Seville, together with its partners, has identified the competencies developed in this type of internship, as well as the recognition and certification system that apply to them through this platform with the aim of improving employment opportunities for students. the ones who, in many cases, are leading this change.

